



# Flamegrilled Smokey Beef & Avocado Burger

with Buttered Corn Cob

GOOD TO BBQ

Grab your meal kit with this number

20



Corn



Burger Buns



Avocado



Beef Mince



Kiwi Spice Blend



Fine Breadcrumbs



Mixed Salad Leaves



Mayonnaise



Shredded Cheddar Cheese



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins

This burger means business! Fire up the grill and grab your BBQ tongs, tonight's handheld meal features a smokey-spiced beef patty, avocado and crisp salad leaves on a warm toasty bun. Paired with a buttery, golden corn cob, it's the ultimate backyard feast—no invite required!

### Pantry items

Olive Oil, Egg, White Wine Vinegar, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

BBQ or medium saucepan and large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
corn	1	2
burger buns	2	4
avocado	1 (small)	1 (large)
beef mince	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
<b>butter*</b>	20g	40g
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4143kJ (990Cal)	859kJ (205Cal)
Protein (g)	46.1g	9.6g
Fat, total (g)	55.5g	11.5g
- saturated (g)	15.8g	3.3g
Carbohydrate (g)	69.5g	14.4g
- sugars (g)	14.2g	2.9g
Sodium (mg)	898mg	186mg
Dietary Fibre (g)	11.9g	2.5g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Preheat BBQ to high heat.
- Halve **corn** and **burger buns**.
- Slice **avocado** in half, scoop out flesh and thinly slice. Season with **salt** and **pepper**.



## Grill the burger patties

- Meanwhile, grill **beef patties** for **3-5 minutes** each side, until charred and cooked through.

**NO BBQ?** Cook beef patties in a frying pan over high heat, 4-5 minutes each side.



## Assemble the patties

- In a large bowl, combine **beef mince**, **Kiwi spice blend**, **fine breadcrumbs** and the **egg**.
- Shape **beef mixture** into 2cm-thick **patties** (1 per person).



## Grill the buns

- When the patties are done, grill **buns**, cut-side down, until lightly golden, **2-3 minutes**.

**NO BBQ?** Grill or toast buns to your liking.



## Grill the corn

- When BBQ is hot, add **corn** and cook, turning, until charred and cooked through, **10-15 minutes**.
- Transfer to a plate and cover to keep warm.

**NO BBQ?** Half-fill a medium saucepan with water and bring to the boil. Cook corn in boiling water until tender and bright yellow, 5 minutes. Cover to keep warm.



## Finish & serve

- In a medium bowl, combine **mixed salad leaves** and a drizzle of **white wine vinegar** and olive oil.
- Top corn with the **butter**.
- Spread burger buns with **mayonnaise**, then top with a flamegrilled smokey beef patty, avocado and salad leaves.
- Serve with buttered corn cob. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



### CUSTOM OPTIONS

#### + ADD CHEDDAR CHEESE

Sprinkle over burger patties in last minute of cooking. Cover and allow to melt.

#### + DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

